



PERPETUAL NOVENA TO MARY HELP OF CHRISTIANS



ON WEDNESDAYS AND/OR SATURDAYS





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N.B. This may be incorporated in the Mass, in which case the prayers are said after the Post-communion prayer, or done after the final blessing, either on Wednesdays or Saturdays

INTERCESSORY PRAYER

The following intercessory prayers may be used alternately from week to week and are to be considered as Options 1, 2, & 3.

OPTION 1: PRAYER OF HOPE

All: *(standing)*

O Mary Immaculate, loving Mother of the Redeemer and Help of Christians, you alone have triumphed against all heresies, and made the Church victorious against all odds. With your help, many were delivered from all dangers; those who seek to destroy the Church are put to rout; all sicknesses vanished, and even death is vanquished when people call on your name. Enliven and strengthen our hope in you, O Mary, so that in all our needs, all might know that you indeed come to the aid of all those who call on you, the defender of the persecuted, the health of the sick, comfort of the af-

flicted, the refuge of sinners, and the cause of the perseverance of the just.

OPTION 2: PRAYER OF SORROW FOR SINS

All: (*standing*)

O Mary Help of Christians, loving spouse of the Holy Spirit, Mother most merciful of all believers, I come before you in time of need. I ask you to free me from sin, and deliver me from the wiles of the evil one and the enemies of my soul and body. Banish far from me the punishments that I deserve on account of my sins, and grant that I might understand the goodness of your love. O powerful Mother, how I pine for the radiance of your face, bathed by the light of eternal happiness in heaven. But it is wicked of me to doubt my worthiness of the same happiness on account of my sins. I ask you never to allow me to fall into the abyss of such lack of hope, O sweet Mother. Intercede for me, I pray, that your Son Jesus might lead me to genuine compunction of heart and repentance for my sins, that I might live in peace, die a holy death, so as to be one day with God, forever in Paradise.

OPTION 3: PRAYER FOR THE SICK

All: (*standing*)

O Mary Help of Christians, beloved daughter of God Most High, to you was entrusted the task of

helping all Christian believers in their need. For this reason, the sick run to you for healing; the poor take refuge in you in their want; the sorrowing in their suffering; the seafarers in their uncertainty; soldiers in the midst of battle; wayfarers in time of peril; the dying in their final moments; all have recourse to you and are blessed abundantly with your maternal love and compassion. Therefore, if it pleases you, hearken to my earnest prayer, O Mother most merciful, and as I entrust myself to your care, help me at all times, and be with me in time of danger. Deliver me from all harm, and intercede for me before the Lord, that I may receive the graces I need, now and most especially at the hour of death. Amen.

PRAYER OF PETITION

All: (*kneeling down*)

O Most loving Mother, I come before you in my hour of need. Trusting in your maternal goodness and graciousness, I fly unto you, O Mary Help of Christians. Bowed and humbled by my weaknesses, I kneel before your august presence. I beseech you from the bottom of my heart, to grant what I most sorely need at the moment ... (*mention your petition in silence*).

I humbly accept, O Most loving Mother, that I can never be worthy of any favor from above on account of my sins that pose as blocks to God's loving embrace. But I am aware, too, O Most Sweet

Mother, that you have the power to lift me up from the depths of my current misery, and make of your unworthy child, a true and humble servant of your Son Jesus Christ. Favored and blessed thus by God, through your loving intercession, grant that my life may then be an endless proclamation of the power of your maternal care as Help of Christians.

Hail Mary ...

Mary Help of Christians, pray for us! (3x)

Priest: *(all stand)*

O God and Father of all, hearken to our humble prayers. Though we are your unworthy children, we beg you to grant us, who live in this valley of tears, what we ask for in faith and in trust. Come to our aid, and favor us with the singular grace we ask for, if it is in accord with Your holy will, and if it redounds to our good, and the good of all in the human family. All this we ask through Jesus Christ, Your Son, our Lord, who lives and reigns with you and the Holy Spirit, One God, forever and ever. Amen.

FINAL BLESSING AND DISMISSAL